Warning sign of Mental Health

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Warning sign of Mental Health

A. General Features

B. Bodily signs or Symptoms

C. Behavioural signs or symptoms

Warning sign of Mental Health

A. General Features

- Emotionally unstable and easily upset
- Apprehensive suspicious and insecure
- Self-critical, empowered with a feeling of guilt
- Lack of self-confidence and will power
- Inadequate adjustment with the self and the environment – physical social and professional

Warning sign of Mental Health

A. General Features

- Failure in setting appropriate level of aspiration
- Suffering from frustrations, unresolved conflicts, strain and stresses
- Always remain in the state of over anxiousness and tension
- Lack of enduring power and tolerance
- Lack of decision-making ability
- Poor self-concept and achievement motivation

Warning sign of Mental Health

A. General Features

- Unrealistic attitude towards life and people
- Suffering from mental disturbances, disorders, ailments and disease
- Always dissatisfied with his achievements and tries to seek over-perfection in his or others work
- Live in the world of his own imagination and fantasy

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B. Bodily signs or Symptoms

Back pain, change in appetite, chest pain, constipation or diarrhea, high blood pressure, extreme tiredness, general aches and pains, headaches, light headedness, palpitation (the feeling that one’s heart is racing), insomnia (trouble in sleeping), sexual problems, shortness of breath, stiff neck, sweating, upset stomach, weight gain or loss

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C. Behavioural signs or symptoms

- Sudden change in mood or behaviour
- Long-lasting sadness, aloofness or social withdrawal
- Irritability and strong feelings of anger (frequent temper tantrums in children)
- Excessive fear, worry or anxiety
- Confused thinking, ill-logical reasoning, pessimistic thoughts and negative feelings

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C. Behavioural signs or symptoms

- Paranoid (thinking that others are talking about him)
- Delusion or hallucination (seeing or hearing things that are not actually there)
- Alcoholism, drug-abuse or chain smoking
- Increased inability to cope with day-to-day problems and activity

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C. Behavioural signs or symptoms

- Thinking about harming himself or attempting suicide
- Dramatic change in eating or sleeping habits
- Persistence nightmares or day-dreaming (dwelling on past events)
- Reduced energy level and lose of interest or pleasure in activities formerly enjoyed
- Difficulty in concentrating, remembering things and making decisions

Thank You

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